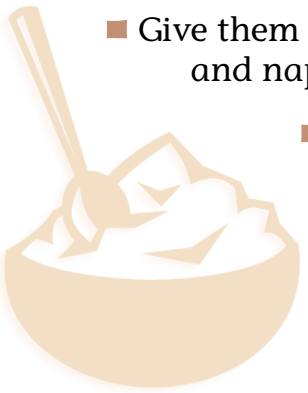




Let your Kids help in the Kitchen!

Did you Know that Kids are more likely to eat foods they help make?



- Give them jobs such as putting placemats and napkins on the table.
- While you are cooking, have them get foods out of the refrigerator.
- Let them mix or stir foods together.



What else can I do to help my child eat better?

- Put yourself in charge of meal planning; Don't give your child choices ahead of time.



- Use a child size plate and silverware, A smaller plate will help you serve child size portions.
- Cut food into bite-size pieces before your child gets to the table.

- Once you get to the table, let your child choose what and how much she wants to eat from what you offer. Don't make her eat anything she doesn't want to eat.

Your child Knows how much to eat to stay healthy.

- It's okay if your child does not eat all of her vegetables; she will eat them when she gets used to them.
- It's okay if your child doesn't clean his plate; he can decide when he is full.
- Serve dessert as part of the meal! It should not be a reward for finishing dinner.

Enjoying meals **together** and eating a **variety** of healthy foods is the best way to help your child **eat well!**

MARVELOUS PUMPKIN MUFFINS

Ingredients

- 1 3/4 cups all-purpose flour
- 1/4 cup sugar
- 2 tablespoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/3 cup vegetable oil
- 1/2 cup canned pumpkin
- 1 teaspoon vanilla

What to do:

1. Combine the flour, sugar, baking powder and salt.
2. Add egg, milk, oil, pumpkin and vanilla to dry ingredients.
3. Stir until just moistened. Do not over mix.
4. Grease or line muffin tins with paper baking cups.
5. Fill about 2/3 full.
6. Bake at 400 degrees F about 20-25 minutes.

Makes 10-12 muffins.





Give Your Child the Gift of Health...



Take Time to Play with Your Toddler!

Why is it important for my child to be active and play?

- Young children need to be active to grow and develop.
- Children need to do things over and over in order to learn them and do them well.
- Children need to explore, try new things and discover for themselves.

Active Play Will also:

- Make your child feel better
- Help them sleep better
- Prevent them from becoming overweight

Here are some play ideas for home:



- Dance to music
- Toss balloons
- Blow bubbles and chase them



Here are some things at home to play with:

- Plastic or metal bowls
- Plastic measuring spoons and cups
- Pots and Pans
- Sock balls

What Kind of play do children like?

- Copying Parents
- Playing with toys they can push and pull
- Repeating movements or activities
- Dumping things out of containers



Here are some activities to do away from home:

- Take your child to the playground and swing together
- Discover a new place to ride bikes or tricycles.



BE AN ANIMAL



- Gallop like a horse
- Soar like an eagle
- Frog jump
- Crawl like a crab, on your hands and feet, with your back to the ground
- Bunny hop
- Walk like a bear, on hands and feet



Playing with your toddler helps your child grow smarter, stronger, healthier and happier!



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